


**TEAM  
NUTRITION**

**TEAM Nutrition** is a program of the Department of Education Child and Adult Nutrition Services and Cooperative Extension Service, South Dakota State University.

## WALKING THE TALK by Kris Sands

Garretson School has built a new \$1.85 million athletic complex. It is the first school district in the state to have an artificial turf football field. Coca Cola offered to buy the score board for the facility. The school thought, "Great, one less expense!"

Those concerned with nutrition wondered, "At what cost? How does the

school maintain their 'healthy school environment' with COKE machines adorning the halls?"

The pop and snack machines

were just removed from the high school a year ago. The janitors are happy, less mess. The teachers are happy, less distractions. The students have been drinking more water, establishing healthy habits.

The school does not want to go down that road again, especially on the verge of creating the school's wellness policy. It would cause an "old wound" to open up again.

The Coke vending company provides alternatives to pop machines, a water machine and a juice machine. The vending companies are adapting to consumer demands. What we market to our students is reflected in the choices they make. If only healthy snacks are offered, they are going to purchase healthy snacks.

**Physical activity and a healthy school environment**



Several states are considering bills that would restrict the sale of soft drinks in schools. Among the states enacting laws are

- California
  - ban on soft drinks and a 250 calorie limit on snacks in high schools.
- New Jersey
  - ban soda and junk foods, and teach better eating habits.

## BEVERAGE INDUSTRY RESPONDS

In August of 2005, beverage makers announced their own offensive to limit the availability of soft drinks in the nation's school vending machines. The new policy by the American Beverage Association, which represents more than 85 percent of the bottlers, includes:

- Ban on sale of soft drinks in elementary school vending machines, replacing the beverages with bottled water and 100 percent fruit juices.
- In middle schools, full-calorie soft drinks are banned, but no-calorie sodas can be sold along with low-calorie juice drinks, sports drinks, water and 100 percent fruit juices.
- In high schools, no more than 50 percent of vending selections can be soft drinks.

Susan K. Neely, the ABA president-CEO, said, "Childhood obesity is a serious problem in the U.S., and the responsibility for finding common-sense solutions

is shared by everyone, including our industry. We intend to be part of the solution by increasing the availability of lower-calorie and/or nutritious beverages in schools."

According to the Society for Nutrition Education listserv, this policy addresses elementary and middle schools, not high schools and there is no enforcement mechanism on local distributors.

These guidelines will apply only to new contracts between school districts and beverage companies. The policy would be implemented only after an existing contract expires reports the Education Week newsletter.

While 41.7 percent of school districts in the West have removed carbonated beverages from vending machines only 6.3 percent of districts in the Midwest have done so, according to the School Nutrition Association. Many local administrators report that they are addressing these issues this fall.



### Inside this issue:

<b>Healthy Schools Summit</b>	<b>2</b>
<b>HealthierUS Schools Challenge</b>	<b>2</b>
<b>You Can Do It</b>	<b>3</b>
<b>Wellness Policy</b>	<b>4</b>
<b>Mini-grants</b>	<b>4</b>
<b>Karlys Wells, Editor</b>	

## REMARKS AT HEALTHY SCHOOLS

Under terms of the Child Nutrition and WIC Act reauthorization, “every school that participates in the school lunch or school breakfast program must have a local wellness policy in place. Schools will have to set targets for nutrition education and physical activity. And they’ll be required to set nutrition standards for all foods sold in school, including vending machines, a la carte items, and school stores,” said Senator Tom Harkin (D-IA) at the September 27 meeting in Washington, DC.

“These local wellness policies could be the real sleeper success story of last year’s child nutrition authorization. Local wellness policies have the potential to transform the way schools promote child health,” Harkin stated. “We need to return to the days when our public schools were special places commercial-free zones that fed our children nutritious food, and saw to it that recess and PE were part of every school day.”

More legislation from Harkin and other child health advocates is expected soon.



Caglecartoons.com

School Nutrition Association August 30, 2005. <http://www.schoolnutrition.org/PressReleases.aspx>

A Model Wellness Policy  
for South Dakota is available.  
[doe.sd.gov/oess/](http://doe.sd.gov/oess/)  
Link on the right hand side of the page.

“As children return for the new school year they can look forward to some of the healthiest school meals ever offered for lunch.”  
School Nutrition Association

Nutritional information is displayed for students and staff.

Vending machine hours are limited.

Healthier beverages and more fruits and vegetables are served.

Fat is limited in vending and a la carte options.

Menus are revamped to cut fat, sugar, and calories.

Portion sizes are reduced.

## HealthierUS SCHOOL CHALLENGE, ARE YOU UP FOR IT?

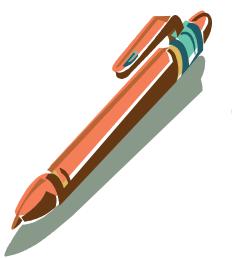
As a TEAM Nutrition School you are playing an important role in helping your students learn to make healthy eating and active lifestyle choices. The United States Department of Agriculture wants to recognize those schools that are taking a leadership role in changing their school environment, improving the quality of the foods served, and providing students with nutritious, healthy choices. The *HealthierUS School Challenge* certification is to recognize your school's commitment to the health and well being of your students.



### Schools must meet basic criteria:

- ◆ Be an elementary school
  - ◆ Be enrolled as a Team Nutrition School
  - ◆ Offer reimbursable lunches that meet USDA nutrition standards
  - ◆ Provide nutrition education to students
  - ◆ Provide students the opportunity for physical activity
  - ◆ Maintain an Average Daily Participation of 70 percent or higher of school enrollment for reimbursable lunches.
  - ◆ Adhere to guidelines established by Food Nutrition Service for foods served/sold in schools outside the National School Lunch Program
- \*For a copy of the application and criteria go to: [www.fns.usda.gov/tn/HealthierUS/index.htm](http://www.fns.usda.gov/tn/HealthierUS/index.htm)

## WE KNOW YOU CAN DO IT: IDEAS TO GET STARTED



### LANGUAGE ARTS Persuasive Writing

After studying persuasive writing, explore several nutrition websites.

Then assign students to write a persuasive paper, letter, or commercial to encourage healthy habits.



MyPyramid print material packets are available to order.  
 \*1 full-size poster   \*1 tear-pad of 50 MyPyramid mini-posters  
     \*1 Anatomy of MyPyramid handout  
 Send your name, address, and request to [publication@cnpp.usda.gov](mailto:publication@cnpp.usda.gov).

## Groovy Pyramid

### MUSIC, PE & NUTRITION TEACHERS

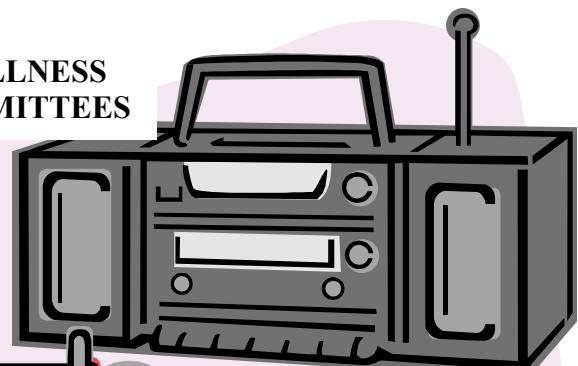
A Hip Hop soundtrack about the new MyPyramid. Each place in this Theme Park has a new song.

- \*From the Ground UP    \*At Least 5
- \*I Can Eat a Rainbow    \*Three Times a Day
- \*Secret Agent H 2 O    \*Stay Low
- \*Danger Zone    \*Seesaw
- \*So In Love With (Fruits and Vegetables)

Visit [www.groovypyramid.com](http://www.groovypyramid.com)

You may have to wait for the download, but it's worth it!

### WELLNESS COMMITTEES



United States Department of Agriculture has four new radio public service announcements to emphasize the importance of adult role modeling for healthy eating and active living. They could be played during school events, during community program, or in supermarkets. The audio version is available from [www.fns.usda.gov/eatsmartplayhard/Collection/collent\\_tools.html](http://www.fns.usda.gov/eatsmartplayhard/Collection/collent_tools.html)



### ART PROJECT

View nutrition posters on Web sites such as [5aday.com](http://5aday.com) and then challenge students to create their own motivational posters.

## LOCAL WELLNESS POLICY WORKSHOP

Get a jump start on the new United States Department of Agriculture local wellness policy requirement! Recruit a team to attend a high-quality workshop that will provide the training, information and resources necessary to develop and implement a local wellness policy. Dayle Hayes, an award-wining author and educator will lead the workshop. Her creativity and common sense have made her a sought-after speaker across the county.

The training will provide an overview of the Model Wellness Policy, which was recently approved by the South Dakota Board of Education. The workshop also will include time for school district teams to develop an action plan for policy development and implementation for their district.

School districts are invited to bring five team members. At least one team member must be an administrator. Those districts with a full five-member team registered will receive first priority to attend this training event. A minimum of three team members is required to be eligible to attend the training.



**Team Nutrition Website**  
<http://teamnutrition.usda.gov>

## MONEY FOR SCHOOLS FROM MINI-GRANTS



Looking for money for nutrition education and physical activity projects at your school? Team Nutrition and Coordinated School Health have teamed up this year to award \$1000.00 mini-grants to schools and child care sites across South Dakota. Up to ten childcare sites may be awarded the minigrants out of the 20 winning applications from schools and childcare sites. In addition, after-school programs are encouraged to apply.

Team members must include one administrator and four other members. Consider including food service, teacher, student, school board member, community member, parent, nurse, dietitian, medical professional or local business representative. Registration is limited to one team per school district.

There is no cost for registration. Travel expenses including mileage, meals and lodging will be reimbursed by the Department of Education. The workshop is sponsored by Coordinated School Health and Child and Adult Nutrition Services.

There will be two workshops to choose from on Thursday, November 10, 2005:

1. Morning Session: 8:30 am - 12:00 pm
  2. Afternoon Session: 1:30 pm - 5:00 pm
- A registration form will be available online at doe.sd.gov/oess/cans/index.asp on Friday, October 14.

Call Child and Adult Nutrition Services at 605-773-3413 for more information.

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## ELECTRONIC NEWSLETTER OPTION

The possibility of making this newsletter an electronic publication is being considered. It would be delivered to your email address in pdf format. Feedback on this option would be appreciated. If you would like copies of the current newsletter to be sent to other members of your Team, please send a list of email addresses to [karlys.wells@ces.sdbstate.edu](mailto:karlys.wells@ces.sdbstate.edu)



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